



# International Society for the New Identity Process

Daniel H. Casriel, M.D.  
Founder

April 1990

## Letter from the President

Dear Friends,

Our September Annual Conference will be one you don't want to miss. One of the most beautiful settings in the world is Lago Garda (Bella!). Mountains rising to lofty peaks, overlooking the towns and cities whose roots go deep into the history of our Western Culture.



The program is fast taking shape and promises a wide range of topics. Other therapeutic theory and techniques are to be presented in their points of contact and points of differences with N.I.P.

I will be attending the European Teaching Fellow Theory Meeting March 23, and Teaching Fellow Workshop March 24, and then planning with the Conference Committee the order of presenters.

My February trip was to Germany where I presented N.I.P. workshops at the psychosomatic clinics at Stiefenhofen and Gronenbach, and at the Group Center in Kraigow. The German Chapter sends greetings to all.

Late in April, I'll be at our week-long workshop in Antigua, and then early in June, Carleen and I will be in Stockholm for a 3-day Couples Workshop.

Love and peace to all — I hope to share a hug with you soon. Mark your calendars **"September 21-23, 1990 Lago Garda, Italy."**

Love and Hugs,  
George

## Letter from the Editor

Greetings!

Again it is a "quiet" time for me ISNIP-wise. I hope you enjoy Marilyn Ellis' review of a recently published book from our own Teaching Fellow Pat Maybruck. Also note ISNIP conference information. Word has it, you attendance at the conference (to be held in lovely Italy) is anticipated.

I encourage you to send photos and articles.

Hugs to you all,  
Pat

## Upcoming ISNIP Conference in Lago Gardo, Italy

The Program Committee for the ISNIP Conference to be held September 20-22, 1990 has been busily working to make this conference a success. Your participation is also necessary to ensure this. The Program Committee consists of:

Chairperson: Peter Geerlings, Amsterdam, The Netherlands  
Secretary: Johan Maertens, Damme, Belgium  
Members: Dario Cipani, Gardone Riviera, Italy;  
George Rynick, Binghamton, NY;  
Janice Frank, Syracuse, NY

The tentative schedule is as follows:

Sept. 18-19 — Pre-Conference Workshop  
Sept. 20 (Thurs.)

2:00 — President's Opening Address

3:00 to 7:00 — The N.I.P.

Historic Introduction

Diagnostic Methods

Tools of Methodology

Users & Clinical Results

Sept. 21 (Friday) 9:30 a.m. to 1:00 p.m.

Transference and countertransference (in psychoanalysis, psychodrama, bioenergetics, systemic therapy and N.I.P.)

Sept. 22 (Saturday) 9:30 a.m. to 1:00 p.m.

Special presentations including "Drug Addiction and Alcoholism — Treatment and Clinical Methodology of the Dependency", "Psychosomatic Medicine and Therapeutic Indications"; and a demonstrative lesson on techniques used in bonding therapy.

Sept. 22 (Sunday) 9:30 a.m. to 1:00 p.m.

Presentations including "Comparison of Lines of Intervention of N.I.P. and Other Psychotherapies"

Nominations and volunteers are needed for those willing to speak on the following subjects:

N.I.P. Tools of Methodology

Users and Clinical Results of N.I.P.

Chairperson of meeting concerning transference, etc.

A brief summary of presentations can be "faxed" to:

FAX # 011-39-(0)-365-20770.

# My Search for Existence

by Matt Decker, E.E.T., Society M.I.T.



## WHO AM I

I am three. Three wholes that make one. I feel close, warm, loved. No, I am one. One third to make one whole, I feel alone, cold, exiled. My eyes saw the world for the first time.

I DON'T UNDERSTAND

## WHO AM I

I am fear. There are beings around me. They call me son or brother. But I am alone. I'm alone and scared. I feel like I'm in a glass bubble, where I can see and be seen but I can't hear or be heard.

I DON'T UNDERSTAND

## WHO AM I

I am pain. Please, please don't hurt me any more. Make the pain go away. I try to hide, but they keep finding me. I don't know what I did or why I have to hurt so much. Maybe if I'm quiet and still they won't know I'm here. When they stop looking I will hide again, but I don't know where I can go where they will leave me alone. They will find me again. I wish I couldn't feel.

I DON'T UNDERSTAND

## WHO AM I

I'm told a child, ten years old. I feel nothing. A numbness has taken over. I am strong when I taste the liquid and breathe the powder, but there is not enough. No, there is enough. I have to take what is not mine. Why is this so easy to do.

I DON'T UNDERSTAND

## WHO AM I

I am anger. A being died who called me brother. I loved him. Where did everyone go. There is nobody to call me son or brother. The powder made me sleepy and I lost my way. There are beings around me but I do not know who they are. I feel a hunger inside. I tried to feed it and got caught. They beat me and put me in a room of bars.

I DON'T UNDERSTAND

## WHO AM I

I am fear. I have not slept for one thousand nights. When I try, the pain is too great. I see the being who died who called me brother. I see what happened. I wish it was me, not him. Maybe there is still time, but how.

I DON'T UNDERSTAND

## WHO AM I

I am pain. I see a man of twenty-five. What happened to me. I hurt so much. I feel so cold. There are so many beings around me yet I am alone. I need. I need help. I can't do this anymore. I've avoided the fear and pain for so long that when I taste the liquid and breathe the powder it no longer creates a numbness. Instead, the fear and pain is getting worse. It seems like just yesterday when I was ten years old. What happened to all those years. Where did they go.

I DON'T UNDERSTAND

## WHO AM I

I'm me. A man. I exist. I took the risk and reached out to a being I trusted. I prepared myself for rejection, but instead, I was loved. I'll never forget the fear and pain, but since, I have found several beings who love me. It took me fifteen years to take that risk and I feel I lost a lot but, I must accept the things I cannot change for I am in charge of my life now and can make my life what I want it to be. I feel warm again.

I UNDERSTAND

In November of 1987, I attended group therapy, honestly, for the first time in five years. In those years, however, I had worked on several very important issues. Never completely, just enough to ease the pain and fear. I attribute that experience to providing the foundation for my recovery from drug and alcohol addiction. Without that experience my recovery would have taken much longer. An important discovery was that of unconditional love which I found in the groups I attended. I had always felt unworthy. I believed I wasn't good enough and that people would reject me if they really knew me. It was difficult to take the risk of letting myself be known. Most of my strength came from my brother's support. He showed me unconditional love and taught me about risk. I have learned so much from my brother. He taught me how to live one day at a time, to enjoy the present, about my higher power and to accept the things I can not change. He hugged me when I needed to be hugged. I love my brother.

When I did take the risk of letting myself be known I was overwhelmed by what happened. My family, my friends, were more supportive than I, at the time, could have imagined. My father, whose relationship I value so much, accepted me and held me. He hugged me when I needed to be hugged. I love my father. Other family members and friends encouraged me when I needed it most, and when I needed it least. They hugged me when I needed to be hugged. I love my family. I love my friends.

Maintaining continuity in group, workshops and individual sessions played a significant role in learning how to get in touch with my feelings. I learned how to work all the way through to a resolution for the first time. At times I felt I couldn't go on, that there was too much pain or fear and it would swallow me whole. It was a lot of work but each day had a new beginning. I got in touch with my child, my true identity. I found peace, joy, pleasure like I had never experienced before. I am grateful to those who supported me. My life has taken on new meaning. I have learned so much about myself and about life it makes me hungry for more. I wish to extend by appreciation to Ron and Pat. You hugged me when I needed to be hugged and much, much more.

Words could never be enough, to show how much I care. When I needed you all the most, you were there.

Love, Matt

## Book Review

By Marilyn M. Ellis, L.C.S.W., Society Fellow

### "Pregnancy and Dreams"

Written by Patricia Maybruck, Ph.D.

"Pregnancy and Dreams" by Patricia Maybruck, Ph.D., is a self-help book for pregnant women, designed to help them learn how to use their dreams to allay the common fear and anxieties of pregnancy. This book holds particular interest to those who use the New Identity Process because Dr. Maybruck is a Teaching Fellow in the Process. She utilizes Dan Casriel's approach to the explanation and expression of emotions. While encouraging the powerful and full recognition and release of emotions, she is able to present Dan's theory in a gentle, uplifting way.

We feel fear or its more common cousin, anxiety, when we experience something, consciously or unconsciously, as a danger. Fear is created by our perception of danger, rather than there always being a real threat to our safety. In order to deal with this emotion appropriately, it is helpful to first determine the reality base of the feeling. In Dr. Maybruck's words, "Reality differs: it is the repression of fears or negativity that leads to tension and stress. If not confronted, these conditions may eventually cause increased levels of anxiety and illness." Dr. Maybruck addresses herself primarily to the unreal anxieties experienced by most pregnant women by carefully discussing the common myths related to pregnancy. She also discusses the emotional upheavals caused by hormone shifts, common tests used with pregnant women, and the normal anxieties most women feel concerning the changes taking place in their lives.

The gift offered by this book is the genuine desire of the author to make pregnancy a time of peace and pleasure for mothers-to-be. This desire is reinforced powerfully by the tying together of her sound knowledge of and experience with pregnant women. There is a gentle manner to her writing that is relaxing and stress-reducing in itself. Behind the gentle manner, however, are practical, easily-learned techniques designed to help the expectant mother to take fuller charge of her life and her pregnancy. Dreams, a generally ignored resource, are used by Dr. Maybruck to connect the conscious mind with unconscious fears and anxieties. The book is addressed directly to the pregnant woman, and the exercises are presented clearly and concisely. There are many examples given to guide in the use of the exercises. The can't-fail approach of the book further relaxes the reader.

The book is divided into three parts, with part one providing the background of the relationship between dreams and pregnancy. Part two is a five-step guide to understanding your dreams. The first step is recording dreams and exercises to create positive daydreams to counterbalance any negative attitudes or nightmares. The second step explains the common dream symbols experienced during pregnancy. A simple method of diagramming dreams to help see their patterns and meanings is outlined.

Chapter five, "Step 3: Understanding Your Emotions," makes extensive use of the New Identity Process theory. Emotions present in the expectant mother are identified through the dreamwork taught in earlier chapters. These emotions are then discussed in relation to the N.I.P. theory, starting with the blocks to expressing emotions. Dr. Maybruck outlines the four basic emotions and how to identify them. She teaches simple methods for releasing these emotions, such as noticing the physical sensations and naming the emotion aloud. Often simple acknowledging the feeling provides great relief. More persistent feelings may require the more extensive release exercises. Page 116 contains a chart "Matching Physical Signs to Appropriate Emotions," which gives not only the physical signs and the matching emotions, but also gives the healthy attitude relating to these feelings. She summarizes, "Step 3, understanding your emotions, involves the following: Developing healthy emotional attitudes, identifying emotions, expressing emotions." She says, "...when we express our emotions openly, we realize at a very deep, psychological level that we can face and deal with almost anything. Renewed strength and courage then add to our feelings of pleasure."

Step 4 in understanding your dreams is interpreting dreams, and Step 5 teaches how to work with dreams, so that ultimately you can "...control your dreams in order to: discover the meaning or purpose of any dream element; dream about a subject of your choice; program yourself to have a healing dream; request specific information from your dreaming self; direct the action, setting, and characters of your dreams."

The third part of the book returns to the six fears of pregnancy that often show up in dreams, and demonstrates how to use dreamwork to deal with these fears. The fears are: that your baby will be deformed or die, being an inadequate parent, loss of your mate, a difficult delivery, loss of control, financial burdens.

The final chapter discusses the "sweet dreams" of late pregnancy and teaches how to "incubate" and encourage these sweet dreams. There is an appendix of affirmations to use during pregnancy to counteract any negative thoughts or feelings that may be experienced.

Dr. Maybruck is to be congratulated for writing a book that utilizes N.I.P. theory and integrates it into dreamwork for pregnant women. Throughout the book, she also maintains a clear focus on the positive. For me, this is the hallmark of an N.I.P. therapist.

## Congratulations Johan Maertens

As this issue goes to press, Johan Maertens of Damme, Belgium, is voted vice-president elect of the ISNIP. Johan takes over for Ron Kissick who leaves the position after five years of service to the organization as vice-president. The very best to you, Johan!

## Society Calendar

We're interested in what you're doing! If you're planning treatment/training events in the New Identity Process, let Society members know by listing the events in this calendar. Send along a paragraph of pertinent information. A charge of \$20 per event will be made, up to \$200 annually. Please send check along with listing to the newsletter editor.

(\*Qualifies for Continuing Education Credit in the New Identity Process.)

### April 6-8 — Charlotte, N.C.

#### 3-day NIP Intensive Weekend

\*Led by: Frankie Wiggins, B.N., B.A. Health Ed., Teaching Fellow

Contact: Raymond Maxwell, Jr.  
6745 Wheeler Drive  
Charlotte, NC 28211  
(704) 552-6361

### — Bethesda, MD

#### NIP 1-Day Workshop Series

April 21, May 19 (tentative; alternate May 26),

June 23, July 21 and August 18. The format of these workshops will be brief presentations, exercises to experience bonding and full emotional expression, and "attitude" group therapy to explore new behaviors and emotionally-laden attitudes.

Time: 9 A.M. to 5 P.M.

Cost: \$110 per person.

\$55 non-refundable deposit to register.

\*Led by: Marilyn Mengle Ellis, LCSW, Fellow and Skip Ellis, MS.

Contact: Marilyn Mengle Ellis  
4405 East West Highway #410  
Bethesda, MD 20814  
(301) 951-3931

### May 9-10 — Binghamton, NY

\*Led by: George Rynick, Teaching Fellow  
(Fri. 6:00 - 10:30 p.m., Sat. 10 a.m. - 6 p.m.)

Contact: George Rynick  
Human Resources Unlimited  
21 Mitchell Avenue  
Binghamton, NY 13903  
(607) 722-8900

### June 1-3 — Minneapolis, MN

#### 3-day NIP Intensive Weekend

\*Led by: Frankie Wiggins, B.N., B.A. Health Ed., Teaching Fellow and Steve Thurik, Fellow

Contact: Steve Thurik  
816 West 57th St.  
Minneapolis, MN 55419  
(612) 861-1766

### June 28 - July 3 — Hamden, CT

#### 6-day NIP Intensive Week

\*Led by: Frankie Wiggins, B.N., B.A. Health Ed., Teaching Fellow and Yetta Lautenschlager, M.S.W., C.I.S.W., Teaching Fellow

Contact: Yetta Lautenschlager  
3074 Whitney Ave., Bldg. 3  
Hamden, CT 06518  
(203) 281-5922

### June 30-July 1 — Johnson City, NY

#### NIP Weekend

\*Led by: Ron Kissick, Teaching Fellow and Pat Kissick, Fellow

Contact: Ron or Pat Kissick  
Personal Resource Center  
NY-Penn Trade Center  
435 Main St., Johnson City, NY 13790  
(607) 798-8199

### July 20-22 — Charlotte, NC

#### 3-day NIP Intensive Weekend

\*Led by: Frankie Wiggins, B.N., B.A. Health Ed., Teaching Fellow

Contact: Raymond Maxwell, Jr.  
6745 Wheeler Dr., Charlotte, NC 28211  
(704) 552-6361

### Sept. 13-18 — Minneapolis, MN

#### 6-day NIP Intensive Week

\*Led by: Frankie Wiggins, B.N., B.A. Health Ed., Teaching Fellow and Steve Thurik, Fellow

Contact: Steve Thurik  
816 West 57th St.  
Minneapolis, MN 55419  
(612) 861-1766

## Ethics Committee Notice

In an action sanctioned by the ISNIP American Directors, Mr. Frank Doyle was asked for a second time to desist from representing himself as an N.I.P. therapist, or to imply that he is so qualified.

This action was prompted by a listing in a conference brochure for the American Association for Creative Change in which Mr. Doyle implied qualification in N.I.P. which he does not have. The conference sponsors agreed to list disclaimers regarding Mr. Doyle's presentation in their newsletter and at the conference site.



## European Chapter News

### Report from SWEDEN

Compiled by Asa Loof, Society Teaching Fellow

At the Centrum for Identitetsterapi in Stockholm, weekly and weekend groups started on a continuous basis in 1977-1978. N.I.P. was then spread to different parts of the country, with a concentration in Stockholm and Gothenburg. We started an institute in Stockholm in 1983, and from then on, this is where most of our groups take place.

At the Stockholm center, we have three weekly groups plus one group where N.I.P. and psychodrama are combined. We run 13-14 weekend groups annually, and eight weekend groups with dream-analysis and N.I.P. combined. During the first weekend in June, we are happy to have George run a weekend complex group. Apart from the groups, people also come for one-on-ones, regularly or when needed.

During the past year, Ruth Meyer, a movement therapist from Amsterdam, held several workshops at the center. She will be here this summer to work with us during an intensive week (6-day) we have each year.

In Gothenburg, there are two weekly groups. The rest of the activities are based on one-to-ones, and approximately four weekend groups are held annually. The therapists from Gothenburg also come to Stockholm to run weekend groups at the center.

During the last year we have spent more time dispensing information about N.I.P. Hopefully that will increase the interest and knowledge of N.I.P. in Sweden.

### FLEMISH-DUTCH CHAPTER

There was no news received from the Flemish-Dutch Chapter.

### ITALIAN CHAPTER

There was no news received from the Italian Chapter.

### GERMAN CHAPTER

There was no news received from the German Chapter.



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